

By Cycle



July 2002

MCDOT Bicycle Program



Trail Commission approves plan

The Maricopa County Trail Commission has approved Phase One of the Maricopa County Regional Trail System Plan and forwarded it to the Maricopa County Board of Supervisors for their adoption. This is an important step in the process of developing a trail network that connects the County's regional parks.

The first phase of the plan identifies trail corridors and proposes trail alignments connecting White Tank Mountain Regional Park, Lake Pleasant Regional Park, Spur

Cross Ranch Conservation Area, and Cave Creek Recreation Area. It also includes goals and policies that will guide the establishment, design, and construction of individual trail segments.

The Commission also approved and forwarded to the BOS a proposal to fund phases two and three of the trail plan. This will enable County departments to hire the necessary staff to complete the plan in a two-year time frame.

Phase One was completed by a project team formed with

staff from the Maricopa County departments of Transportation, Parks and Recreation, Planning and Development, and Flood Control District.

The **Executive Summary** is available in pdf format on the MCDOT Bicycle Program web page. For additional information, contact:

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"The sport of cycling changed my life. Everything I do is based on the passion I learned from the Tour de France."

***—John Tesh,
composer of Tour de France and
Tour de France:
The Early Years***



Pro Bike/ Pro Walk 2002

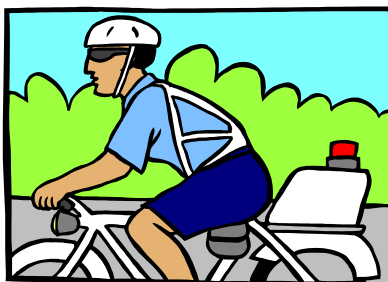
It's time for the 12th International Conference on Bicycling and Walking, also known as Pro Bike/Pro Walk 2002. This year's conference will be held in St. Paul, Minnesota, from Tuesday, September 3, through Friday, September 6, 2002.

The program will reflect the growing broad base of interest in and support for walking and bicycling as key elements of livable communities.

The National Center for Bicycling & Walking's Pro Bike/Pro Walk biennial conference series typically attracts an international gathering of more than 600 bicycle and pedestrian program specialists, advocates, and government leaders committed to improving conditions for bicycling and walking. Conference participants include federal, state, and local agency staff; engineers; planners; transportation officials; educators; public health specialists, park and recreation managers; and advocates who

range from executives of international organizations to lay people with an interest in improving the quality of life and health in their community.

There are a number of pre and post conference workshops including: Bicycle Parking Strategies and Solutions, a half-day exploration of the Association for Pedestrian and Bicycling Professionals' (APBP) bicycle parking recommended practices. The session will also cover other technical issues associated with the selection, siting, and management of bike racks and lockers. Led by Arthur Ross and Reed Kempton. For more information, contact apbp.org.



Bike Commuting Increasing

More Americans are commuting by bicycle than ever, with a nearly 9% increase between 1990 and 2000, according to the Census, making bicycling the country's fastest growing commute mode during the 1990s. The states with the greatest growth in bike commuting between 1990 and 2000 are: Oklahoma (151%), Indiana (144%), Michigan (120%), New Jersey (94%), and West Virginia (91%).

Bicycle commuting is most popular in Washington, DC—a city that has some of the nation's worst traffic according to the Urban Mobility Report—with over 1.4% of commuters traveling by bike. Oregon

(1.18%), Arizona (1.15%), and California (0.81%), are among states that lead the nation in the popularity of bike commuting. To see how widespread bike commuting is in your state, please visit <http://www.bikeleague.org/educenter/index.html>. For information on the benefits of bike commuting and how to make it a safe and healthy part of your life, go to <http://www.bikeleague.org/educenter/factsheets.htm>

Lance featured in advocacy ad

Lance Armstrong is starring in a public service announcement promoting bicycling advocacy and bicyclists' rights that is airing on Outdoor Life Network (<http://www.oltv.com>) while the "Home of the Tour de France" reaches its peak audience of cycling fans in late June and July for the 2002 Tour. The spot began airing on OLN on Thursday, June 27. The ad envisions "the ideal world" for cyclists, which includes, "drivers that pay attention to cyclists," "riding where I want safely," "well-paved roads," and a child, "riding [her] bike to school."

During the 30-second spot, the three-time Tour de France champion says, "Hi, I'm Lance Armstrong and when I'm racing in the Tour de France I have crowd control to watch over me. When you are out riding your bike, you've got the League of American Bicyclists to watch over you."

The League's Executive Director Elissa Margolin said, "We are very grateful to Lance and the Bikes Belong Coalition for supporting this endeavor. The ad is a huge boost to our efforts to promote bicycling and build a bicycle-friendly America." The spot will be available for viewing soon on www.bikeleague.org.



CAP Path Study Begins

Logan Simpson Design has been selected to complete a feasibility study for putting a shared use path along the Central Arizona Project aqueduct system.

The CAP is a 336-mile long series of canals, tunnels, siphons, and pipelines stretching from the Colorado River near Parker to past the San Xavier Indian Reservation southwest of Tucson. Its primary function is to provide water from the Colorado River to Central and Southeast Arizona. As part of recreational planning for the CAP, the Bureau of Reclamation committed itself to maintain a 20-foot recreation corridor throughout the project.

The purpose of this study is to investigate the feasibility of and develop design guidelines

for a multi-use path along the CAP aqueduct system from the Lake Pleasant to Mesa.

Increasing Activity through Design

The National Center for Bicycling & Walking (NCBW) has just published a new guide, *Increasing Physical Activity Through Community Design*. This 48-page guide focuses on how to make communities more bicycle-friendly and walkable. It was developed under a grant from The Robert Wood Johnson Foundation.

"We know that a wide range of health problems are associated with low levels of physical activity," said Bill Wilkinson, NCBW's executive director. "Indeed, it is estimated that physical inactivity and obesity are contributing factors in 300,000 to 500,000 deaths each year in the United States. According to professionals in public health, one of the most effective 'interventions' is regular, routine physical activity such as bicycling and walking." Wilkinson added that the new guide is designed to provide public health practitioners and others an introduction to increasing physical activity through better community design, specifically by making it easier and safer to bicycle and walk.

The new *Increasing Physical Activity Through Community Design* guide presents an introduction to community design issues, and describes seven kinds of projects that can help create more bicycle-friendly and walkable communities. It also discusses how such projects get funded, and presents an array of

resources to help with implementation.

It is available now as a portable document file (.pdf) on the NCBW's web site at <http://www.bikewalk.org>.

Need Images?

The Pedestrian and Bicycle Information Center has teamed with Walkable Communities, Inc. and the Institute of Transportation Engineers Pedestrian and Bicycle Council to bring you the Image Library, a searchable collection of over 1400 categorized images. Whether you're a concerned citizen interested in improving the walkability or bikability of your community or a professional who's making a report or constructing new policies, please feel free to use these images.

<http://www.pedbikeimages.org>

Thunderhead Alliance Hires Sue Knaup

The Thunderhead Alliance, the national coalition of state and local bicycle advocacy organizations, has hired Sue Knaup of Prescott, Arizona as their administrative director. Sue, Executive Director and founder of Prescott Alternative Transportation and owner of Ironclad Bicycles, a Prescott bike shop, brings to the Thunderhead Alliance a diverse background of experience with bicycle advocacy and the bicycle industry.

For more information, please contact Sue Knaup at the Thunderhead Alliance: (928) 541-9841 or PAT: (928) 708-0911, or email sue@thunderheadalliance.org.

PENNDOT promotes Share-the-Road

The Bicycle Access Council of Pennsylvania has successfully petitioned PENNDOT to include a 'Share-the-Road' message on the agency's official envelopes. The council says this is an important step in convincing the general public to recognize bicyclists as legitimate users of the road.

<http://www.bicycleaccess-pa.org/pr05.htm>

Sunburn Advice for Bald Riders

Internet messages on how a bald rider can wear a helmet without funny tan lines. From the Bicycle Helmet Safety Institute.

<http://www.helmets.org/baldhead.htm>

Bikability Checklist

How bikeable is your community? Can you get where you want to go by bike? A useful checklist has been put together for you to use to find the answer. Take a ride and use this tool to decide if your neighborhood is a friendly place to bicycle. After compiling your results, read the suggestions for how to improve cycling in your neighborhood. The checklist was developed by the Pedestrian and Bicycle Information Center, National Highway Traffic Safety Administration, and the US Department of Transportation.

<http://www.bicyclinginfo.org/>



Cool Bicycle Web Page

Need a break? Take a spin through Jim Langley's bicycle web page. It is full of fun bicycle pictures, cartoons, stories, magazine covers, and even some helpful tips on riding a bike (Jim spent ten years as the technical editor for *Bicycling Magazine*). The New Yorker cover below is just a taste.

<http://www.jimlangley.net/index.html>

The date on the magazine cover is significant. In the fall of 1969, I moved from the small farming community of Eloy to the big city of Tempe to attend ASU and become an official adult bicycle commuter.

-Reed

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